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Bangalore Mirror ON SUNDAY

TEMP Max 30 | Min 17 | Humidity 50% Fog/mist in the morning and partly cloudy sky later Sensex 61,223 | Nifty 18,255 | Gold 49,100 | Silver 65,000 | Dollar 74.15 | Euro 84.66 | GBP 101.69

How battery cages in meat shops propagate pathogens, disregard food safety, public health and environment norms

FOWL PLAY

Inhumane practice is banned as per law

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Have you seen those stifling cages placed on top of each other outside meat shops in Bengaluru? Well, one can't miss those in the city.

These cages can be seen in front of every small or big meat outlet with live fowl inside, struggling for space to stand and stretch their wings.

Made of metal, popularly known as battery cages in the poultry industry, these are in rampant use in the city, despite being against the law.

"These cages are mostly seen in illegal meat shops spread across the city. While there is an act, rules and court orders in place to phase out these cages, they are still very much in use," said Ritika Goel, animal welfare advocate of People for Cattle in India.

Prevention of Cruelty to Animals (PCA) Act, 1960, prohibits the confinement of animals in any cage that does not measure sufficiently in height, length or breadth such that a reasonable opportunity of movement is denied to the animal.

"The battery cages do not, by any stretch of imagination, allow hens any opportunity of movement — they cannot stand up straight, turn around or spread their wings without hitting another bird or the sides of their barren metal wire cages," said Shreya Paropkari, senior manager, Farm Animal Protection & Cruelty Response, Humane Society International/India.

> **"A bird slaughtered under stress, compromises meat quality... Shops discard poultry remains irresponsibly, which may lead to disease outbreaks..."**
>
> – Dr Sushanth Rai, president, Karnataka Poultry Farmers and Breeders Association

As per the information from Humane Society International/India, in the battery cages, at present, each egg-laying hen only has a space allowance of 450 square centimeters. To put that in perspective, an A4 size sheet measures 623 square centimeters (8.3 X 11.7 inches).

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A new high

Bengaluru's Covid tally has surpassed that of Mumbai and Delhi

CITY / PAGE 3

Savage Sundays

Most accidents took place in city on Sundays

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3 THINGS TO DO

01 It's Organised Madness

Organised Madness is a five-piece band which mainly holds its roots in English electronic/ alternative rock. The band has performed numerous gigs over the years, and you can now watch them live. Join in with your gang for a great evening and let your hair down. Please note: All social distancing norms have to be strictly followed. **Where: Hard Rock Café, Ashok Nagar; When: Jan 20, 7 pm onwards; Tickets: Free, bookmyshow.com**

02 Calling, party animals

Participate in the first doggo-party of the year, where your furry ones can enjoy special human-doggo activities and treats. There will be a games like 'Trick Showdown', 'Treat or Parent', 'Building Biscuits' & 'Red Light-Green Light'. There will also be an appetizing fresh food buffet for your doggos, and other surprises.
Where: Pebble, 3 Princess Academy, Ramanna Maharishi Road; When: Jan 16, 10 am – 1 pm Tickets: Rs 399, allevents.in

03 All about palaces

If history fascinates you, catch a special discussion on Palaces as Museums: Collecting and Connoisseurship in the states of Baroda and Mysore. Prof Janaki Nair and Dr Priya Maholay-Jaradi reflect on collecting and connoisseurship in the states of Baroda and Mysore, followed by a discussion with Prof Tapati Guha-Thakurta. This is part of a series of lectures and discussions on collections, museums, and the shaping of Indian art history curated by Guha-Thakurta.
Where: Zoom; When: Jan 21, 6 pm Register: https://us06web.zoom.us/webinar/register/WN_3dffLqLgSf2LKz4S-hTFlg

A NEW HIGH FOR B'LURU

The city's Covid tally has surpassed that of Mumbai and Delhi and is now the city with the highest number of active cases in the country. Mind you

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On Saturday, Bengaluru made a new milestone by reporting 22,284 Covid cases -- the highest so far in the third wave. Bengaluru has now logged the highest Covid cases in a day in the country surpassing Mumbai and Delhi.

While Bengaluru breached the 22k mark, Mumbai reported 10,661 cases and Delhi 20,718 on Saturday. In fact, for the last few days, Mumbai is recording fewer cases than Bengaluru. Cumulatively, Mumbai has 9, 91,967 cases, Delhi 16, 91,684 and Bengaluru 13,95,736.

During the second wave, Bengaluru had the highest active cases for a long time in the country. Unfortunately, Bengaluru, active cases have once again topped the charts. As of Saturday, Bengaluru's active cases breached the 1 lakh mark (1, 29,112), while Mumbai had 73,518 and Delhi had 93,407 active cases. However, Bengaluru is still recording lower daily deaths. Karnataka's capital reported five Covid deaths on Saturday while it was 11 in Mumbai and 30 in Delhi. Mumbai's total Covid deaths are 16,446 as against Bengaluru's 16,448, while Delhi has a cumulative death toll of 25,335.

However, a senior IAS officer said that it was not right to compare the absolute numbers. "They don't show relative infection or spread as absolute numbers can be controlled simply by reducing testing. If Mumbai has less testing than Bengaluru, it will have fewer cases. This does not mean it has less Covid spread."

KAUSHIK JN

Bengaluru's roads wear a deserted look amid a strict weekend curfew in place

Bengaluru continues to conduct the highest Covid tests in the country with 1,11,662 tests while 54,558 tests were conducted in Mumbai and 67,224 tests in Delhi on Saturday. The IAS officer said that the correct way of looking at Covid spread was the Test Positivity Rate (TPR). Mumbai's TPR was 19.54 per cent and Delhi was 30.64 per cent as against Bengaluru's 19.46 per cent.

Health Minister Dr K Sudhakar said, "The caseload of Bengaluru, which accounted for about 75 per cent of the caseload of the state for the last two weeks has now fallen below 68 per cent as cases are rising in districts."

> **"Patients with mild illness which require outpatient care, follow-up care or elective cases including dental patients should not visit the hospitals for the next two weeks** – TK Anil Kumar, Health and Family Welfare Department

Due to an increase in Covid tests, the Health Department issued a fresh advisory on Saturday asking only sick and patients requiring emergency care to visit the hospitals. "All other patients with mild illness which require outpatient care, follow-up care or elective cases including dental patients should not visit the hospitals for the next two weeks or till further orders to prevent crowding and the spread of Covid. The private hospitals are instructed to take similar steps to prevent crowding," said TK Anil Kumar, Principal Secretary, Health and Family Welfare Department.

In another circular, Kumar said, "Persons who have provided swab samples for Covid may be infectious. As a cautionary practice, all such persons have been advised strict isolation or quarantine till their lab results are communicated. Any irresponsible behaviour by such persons by going outdoors, socialising or going to work etc will result in spread of infection in the community and consequently, such acts will invite stringent legal action under Epidemic Diseases Act."

Our home isolation system very effective: Health Min

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Karnataka Health Minister Dr K Sudhakar said that the State Government was regularly monitoring the health of those under home isolation.

"We are utilising the services of about 10,000 medical, dental and Ayush students. About 500 experts are supporting the system. During the second wave about 1.33 crore teleconsultations were done including 42.57 lakh doctor consultations.

"About 36,000 people were provided mental health counselling. Several people seek hospitalisation due to panic, even if they are asymptomatic or mildly symptomatic. If proper counselling is provided through phone, we can reduce unnecessary burden on our health infrastructure," he said.

KAUSHIK JN

Health workers collect swab samples

Sudhakar also added that Karnataka has effectively leveraged technology in Covid battle and so far about 2.5 lakh healthcare and frontline staff have been trained through online platforms.

"During the first wave it was necessary to provide training to healthcare workers about the new virus. But due to lockdown and other reasons when it was not feasible to conduct physical training, we trained about 2.5 lakh healthcare and front-line staff though online with the help of Rajiv Gandhi University of Health Sciences (RGUHS).

"Even the central government had appreciated Karnataka's efforts to leverage technology. StepOne has partnered with the state government in mobilising volunteers and doctors and training them in tele-triaging. This has led to effective home isolation care in Karnataka. Niti Aayog too has appreciated the home-isolation process in Karnataka and the technology deployed for it. Medical students, doctors of Health Department and faculty of medical colleges have played a great role in home isolation management," added Sudhakar.

Accidents don't have weekends off

Despite there being less traffic, more accidents happen on Sundays

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Pedestrians are particularly vulnerable when it comes to road mishaps

The city's traffic is not just worse in the evenings, but more prone to accidents. According to the statistics released by the Bengaluru Traffic Police, most accidents in the city happen between 6 pm and 10 pm. Bengaluru reported 618 accidents in 2021. Out of this, 468 were fatal.

Categorisation of the accidents based on timing shows that 113 accidents took place between 6 pm and 10 pm, 105 between 9 pm to 12 am and 105 between 12 am to 6 am. A majority of the accidents have taken place on the main roads (193), followed by 123 on other arterial roads, 78 on ring road, 40 NICE road, 17 on flyovers and 108 on highways. Compared to the last two years, the accidents have reduced in the city. Around 618 accidents took place in 2021 (651 deaths) was less than 2020 (632 accidents and 657 deaths) and 2020 (832 deaths and 810 accidents).

Weekends are the worst when it comes to accidents. Contrary to expectations that Sundays witness lesser traffic than regular days, it is observed that accidents occur more on Sundays in the city. Most accidents in the city took place on Sundays in 2021. According to statistics, 107 accidents were witnessed on Sundays, 101 on Saturdays, 89 on Wednesdays, 88 on Fridays, 86 on Tuesdays, 77 on Thursdays and 70 on Mondays. Among the accidents, 190 have died within one hour of the accident, while 126 have died on the spot.

Seat belt awareness

Police have been trying to create awareness on the need of wearing seat belts, yet many fail to realise the importance. In 2021, 20 victims had not worn seat belts, which was higher than 2020 (18) and 16 in 2019. Around 158 accidents took place in the city due to technical glitches of the vehicles. The accidents on the white topping roads have also increased in the city. In 2020, 29 accidents took place on concrete roads in 2021. Police say that it would be wrong to infer that the accidents have increased on white-topped roads as one of the possible reasons could be due to increase in coverage of cement roads.

More mishap on straight roads

Of the 618 accidents, 74 per cent took place on the straight roads. Around 6 per cent of the accidents have taken place on T-junctions, 2 per cent on Y-junctions, 4 per cent on four-road junctions, 1 per cent at circles and 4 per cent on bridges and culverts. Police said that the maximum accidents took place on straight roads as many drivers are negligent.

Major reasons

Around two people had died in the city due to construction work on roads, one for stumbling upon cables, one pedestrian died while walking on the road instead of footpath, 16 as the vehicle took a deviation without signalling, six due to potholes, and three for animal crossing, four for poor lighting and one due to water flowing on the road. A majority of the accidents have happened due to speeding (588), 12 due to drunken driving, nine for wrong parking, and four for no parking, one each due to triple riding, signal jump, wheelie and footpath driving.

Hit and run

Around 189 hit and run cases were reported in the city last year. A majority of the cases were reported from main roads (109) followed by 31 on sub-roads, 29 in CBD and 17 in high density areas. The maximum incidents have been reported between 9 pm and 12 am.

A majority of the hit and run cases were detected with help of CCTvs and informers. Among the accident victims, a majority of them have got head injuries. This is one of the reasons why cops keep insisting that helmets are a must.

Silence on track

SWR plans to cut down on its fuel bills by introducing technology to reduce train 'noise'

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Living near rail tracks may not be a noisy affair anymore

Many residents staying near railway tracks often complain of constant noise of train movement. Now, there may be less noise as trains are set to go 'silent'. In a new environmentally-friendly initiative, Indian Railway has cut down on its fuel bills by introducing HOG (Head-on-Generation) technology on trains. On South Western Railway (SWR), HOG technology has been introduced since November -2019, so far in 40 trains on its network. For HOG to be adopted, the trains shall have LHB coaches and shall be hauled by electric traction.

The HOG technology is being implemented in trains to cater the power needs of coaches such as air-conditioning and lighting. Earlier, two power cars known as end-on generators (EOG) housing Diesel Generators were attached to the trains to generate power for providing air conditioning and extending lighting in coaches.

In the HOG system, the power supply to electrical equipment in LHB coaches is supplied from HOG-compatible electrical LOCO by tapping Overhead Power lines, thereby resulting in huge reduction in consumption of HSD (High Speed Diesel). Besides saving in HSD, the noise due to operation of DG sets is totally eliminated in the HOG system. Due to the fast pace of electrification, more and more trains will be run with HOG systems in future. In place of power coaches, additional coaches can be attached to trains and additional berths will be available for passengers every day. Sanjeev Kishore, General Manager, SWR, said, "Currently, 40 trains are running with HOG system. The estimated savings on account of reduction in HSD consumption in power cars, by using HOG trains, for the month of December 2021 alone was Rs 6.93 crore and it is estimated for 2021, it could be in the range of Rs 70.12 crore."The HOG system where power cars that run on end on generation have been replaced with head on generation in the some trains originating from Bengaluru (KSR and Yeshwantpur railway stations). These included Lalbagh Express, MGR Chennai Central Express, Anga Express and others.

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FAKE NEWS BUSTER MIRROR

SYMPTOM COMPARISON NOT DONE BY AIIMS

THE CLAIMS

Netizens are sharing a viral message mentioning the symptoms identify respiratory diseases including covid-19. The post claims that the symptoms have been mentioned by the AIIMS, India's leading medical institution.

SO, WHAT'S THE TRUTH?

The viral list that compares the symptoms is not released by AIIMS. Although the symptoms of covid as given in this list are true but incomplete, the list misses out the condition of asymptomatic cases. Hence, the claim made in the post is untrue. AIIMS debunked the misleading post, stating that they have not released this. AIIMS has listed fever, tiredness and dry cough as the most common symptoms of covid-19. Moreover, some patients may have aches and pains, nasal congestion, runny nose, sore throat, or diarrhea.

BUST FAKE NEWS WITH MIRROR
9591233247

TOPCOMMENTS

Follow rules to avoid tragedies

On our story Need for Speed, Anil Prasad writes, traffic violations are the rise on all roads. Even some vehicle owners violate speed rules. It is high time to check each and every vehicle and its speed governance instruments also. There are no proper pedestrian crossings and vehicle riders ignore pedestrians and visa versa. Only strict implementation of traffic rules can only prevent tragic events. Traffic and RTO should unitedly put extra efforts in this regard. Sham NV writes, the only way to stop this is going digital, like Hyderabad, which has automatic speed camera at all signals with central monitoring.

WEBHITS

3 most-read articles on the Mirror site

- Bengaluru-bound fliers have a narrow escape
- Curfew shuts down Mysuru tourist buzz
- Need for speed in Konanakunte

Fine collected for violating covid norms: ₹88,37,000

On Saturday, 42 vehicles were seized for violating weekend curfew rules

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KAUSHIK JN

A traffic police official monitors covid-appropriate behaviour at a junction in Bengaluru

Since November 1, 2021, the city police have collected a whopping Rs 88,37,000 in fines for violating Covid protocols. According to the data, a total of 34,744 cases have been booked. Out of them, 34,604 cases for not wearing masks (fine collected: Rs 88,07,250) and 140 cases for violating social distancing (fine amount: Rs 29,750). Out of the eight police divisions, the maximum violations have been reported in Bengaluru South (Rs 27,53,250 fine collected), followed by South-east (Rs 27,28,250) and West (Rs 27,15,250).

Vehicles seized

Meanwhile, cops continue to seize vehicles for violating the second weekend curfew which began from Friday night. Till 8 am on Saturday, 42 vehicles were seized out of which 39 were two wheelers and three three-wheelers. The maximum number of seizures was in the West division (24 vehicles) followed by South division (17).

Senior citizen in tears

On Saturday, a heart-wrenching movement was witnessed during the weekend curfew. As it was a festival day, many tried to go out of their houses to buy vegetables. Beere Gowda, a senior citizen, had gone on his bike to buy vegetables from his provision store at KR Market. As he had violated the weekend curfew, his bike was seized by the cops.

"I requested the cops not to seize my vehicle as I had come for festival shopping. I was really upset and then had to literally leave the vegetables on the road. Provision stores are part of essentials which have been exempted from the weekend curfew. However, I am not allowed to operate." As Gowda was sobbing continuously, the police had no other option but to let him go with his vehicle. Only then, Gowda collected back his items from the road and left for his home in Goripalya.

Cops testing positive

The number of cops testing positive for Covid continues to gone up. So far, 618 cops have tested positive in the third wave out of which, 36 have been discharged with 582 being active cases. Out of the 618 cops who have tested positive, 615 had got both the doses, two had got only one dose and one had not taken any.

> **"Provision stores are part of essentials which have been exempted from the curfew. I am not allowed to operate**
> – Beere Gowda, provision shop owner

Following stricter SOPs, BMTC loses ₹6 crore

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The weekend curfew has hit BMTC hard in its recovery process. The corporation is enduring Rs 6 crores of estimated losses.

Owing to the sudden rise in cases in the city, a weekend curfew was imposed in the city wherein BMTC operated only 10 per cent of its ordinary services and permitted complete operations of its Vayu Vajra services.

During the curfew period, the BMTC plied 788 buses daily including its Vayu Vajra services and managed to earn Rs 27-30 lakhs. According to a BMTC official, they have incurred an estimated loss of 6 crores.

Owing to the pandemic, the corporation had low ridership and has been enduring estimated losses of Rs 1.5-2 crores daily. Empowered with vaccinations, the BMTC was only starting to see increased ridership when the unfortunate third wave hit the city, causing the imposition of the weekend curfew.

Despite the curfew, the BMTC had chosen to operate its Vayu Vajra services in full swing. As per the data provided by BMTC, they earned Rs 9.52 lakhs per day and 1,200 Vayu Vajra passes were purchased as well.

BMTC Vice Chairman MR Venkatesh told BM: "Since the beginning of the first wave, the BMTC has been suffering. The situation was gradually improving when the third wave hit us. As per new regulation, we are only to allow passengers as per seating capacity and we are already losing 45-50 per cent of revenue. Even in our high-rush routes, we will not be able to benefit due to restrictions on passenger capacity. We will have to depend on the state government to make our statutory and salary payments.

Alternatively, we are also planning to lease our vacant plots in prime locations to compensate for the loss in revenue."

Govt appeals guest lecturers to resume work

Minister for Higher Education Dr C N Ashwath Narayan has appealed to guest lecturers to return to their work and not to continue the agitation as the government has considered their demands on humanitarian grounds.

He made this plea on Saturday as representatives of a few associations of guest lecturers have announced that they would continue the ongoing agitation, not satisfied by the relief measures announced on Friday.

"The government has announced a good package irrespective of the burden on the exchequer," he explained.

The appointment of guest lecturers for the year 2022-22 will begin on January 17 (Monday) and applications need to be submitted through the online portal within one week. — BMB

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Death trap

Banashankari

The broken footpath and over-flowing sewage chamber near the main entrance of police quarters at Thyagaraja Nagar in Banashankari 2nd stage is posing danger to pedestrians. Both BBMP and BTP are not caring for the safety of citizens.

Remove the cart

Cambridge Road

An abandoned cart on Cambridge Road has been parked there for the last two years. No one is bothered to remove it in spite of numerous complaints to BBMP and the local police.

Traffic calamity

KR Puram

Unauthorised vehicles blocking the KR Market area, which buzzes with people. No BBMP, traffic police or local cops control the situation.

THE SUNDAY READ

Time and again several acres of forest land are lost to manmade or natural fires

Running for forest cover

Though Karnataka has tree cover on only 3.91 per cent of its land area, there is an increase in its mangrove cover

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Seems like the state has more tree-lovers, but not enough trees. Just 3.91 per cent of the land area in Karnataka has trees and the city has lost 4.98 sq km of forest cover over the last 10 years.

According to the India State of Forest Report 2021 prepared by the Forest Survey of India (FSI) to assess the forest and tree resources of the country, Bengaluru has lost around 5 per cent of the forest between 2011-2021. Bengaluru had 94 sq km of forest area in 2011 which is now down to 89.02 sq km.

The total tree cover in the city has been estimated at 95,748 sq km. There is an increase of 721 sq km in the extent of tree cover in the country compared to the previous assessment of 2019. The State wise estimates of the tree cover shows that Maharashtra has the maximum tree cover (12,108 sq km), followed by Rajasthan (8,733 sq km), Madhya Pradesh (8,054 sq km), Karnataka (7,494 sq km) and Uttar Pradesh (7,421 sq km). Considering the percentage of the geographical area of the states and union territories, Chandigarh has the highest percentage of tree cover (13.16 per cent), followed by Delhi (9.91 per cent), Kerala (7.26 per cent) and Goa (6.59 per cent).

Bengaluru cover

During the same decade, the population of Bengaluru has gone up from 84.4 lakh (according to 2021 Census) to 1.2 crore (approximate estimate as the 2021 Census is yet to be carried out). During 2011, Bengaluru had 94 sq km of forest. However, as of now, there are 89.02 sq km of forest. Out of this, 12.66 sq km has been categorised as moderately dense forest (MDF) and 76.36 km as open forest (OF). There is no very dense forest (VDF) in Bengaluru. As per the categorisation of forests; VDF refers to all lands of tree canopy density of 70 pc and above; MDF -all lands with tree canopy density of 40 pc and more or but less than 70 pc and open forest where the tree canopy density of 10 pc and more but less than 40 pc.

State of cities

In the current assessment, the extent of forest cover of seven major cities (Greater Mumbai, Delhi, Kolkata, Bengaluru, Chennai, Ahmedabad and Hyderabad) were carried out. The forest cover in these seven major cities was 509.72 sq km, which was 10.21 per cent of the total geographical area of the cities. It was seen that Delhi had the largest forest cover (194.24 sq km), followed by Mumbai (110.77 sq km) and Bengaluru (89.02 sq km). The decadal change in forest cover between ISFR 2011 and 2021 was also analysed. There was an increase of 68 sq km of forest cover in the last 10 years in major metros with maximum gain seen in Hyderabad followed by Delhi while Bengaluru and Ahmedabad had lost forest cover of 8.55 sq km and 4.98 sq km respectively, according to the report.

A release from the Press Information Bureau stated, "The total forest and tree cover of the country is 80.9 million hectares which is 24.62 percent of the geographical area of the country. As compared to the assessment of 2019, there is an increase of 2,261 sq km in the total forest and tree cover of the country. Out of this, the increase in the forest cover has been observed as 1,540 sq km and that in tree cover is 721 sq km. The total carbon stock in the country's forest is estimated to be 7,204 million tonnes and there is an increase of 79.4 million tonnes in the carbon stock of the country as compared to the last assessment of 2019. The annual increase in the carbon stock is 39.7 million tonnes. The increase in forest cover has been observed in open forest followed by very dense forest. Top three states showing an increase in forest cover are Andhra Pradesh (647 sq km) followed by Telangana (632 sq km) and Odisha (537 sq km). Area-wise Madhya Pradesh has the largest forest cover in the country followed by Arunachal Pradesh, Chhattisgarh, Odisha and Maharashtra.The top three states showing mangrove cover increase are Odisha (8 sq km) followed by Maharashtra (4 sq km) and Karnataka (3 sq km)."

The report said that the forest cover includes all lands more than one hectare in area with tree canopy density of more than 10 per cent. The forest cover covered in the report does not make any distinction between the origin of tree crops whether it is natural or manmade. This report encompasses all types of land irrespective of their ownership, land use and legal status. Thus, all the tree species along with bamboos, fruit bearing trees, coconut palm trees etc and all the areas including forest, private, community, government or institutional land. For the purpose of the survey, an in-house android-based ground truthing mobile application developed by FSI team was used for collection, storage and analysis of information related to ground truthing exercise. Ground data information gathered in the form of geotagged photographs, canopy density, tree species and other observations related to change was stored on the mobile application and the same was transmitted to the server at FSI headquarter. The data stored in the server was retrieved and used as a point GIS layer over the interpreted forest cover in order to incorporate changes observed during ground truthing.

It is Bengaluru vs Hyderabad over Tesla

In the past, we have seen how a tough competition has always prevailed between Bengaluru and Hyderabad in wooing top companies. With Tesla planning to set up a service centre in Bengaluru, now the neighbouring State Telangana is vying to make Tesla choose Hyderabad as its destination.

Telangana Industry and Commerce Minister KT Rama Rao has made a strong pitch to Elon Musk for setting up units in India saying he would be "happy to partner Tesla in working through the challenges".

Rama Rao's response came in reply to a tweet from Tesla Founder and CEO Elon Musk a couple of days back in which he had said Tesla was working through many challenges in starting business in India. "Still working through a lot of challenges with the government," Musk tweeted on January 13. "Hey Elon, I am the Industry & Commerce Minister of Telangana state in India. Will be happy to partner Tesla in working through the challenges to set shop in India/ Telangana. Our state is a champion in sustainability initiatives & a top notch business destination in India," Rama Rao said replying to Elon Musk tweet.

Musk announced in 2020 that Tesla would set up manufacturing units for electric vehicles in India. A Tesla subsidiary firm named India Motors and Energy Private Limited has been set up. The company is based out of Bengaluru. Tesla has already set up a corporate office in Mumbai, secured an office in Bengaluru and is looking for key executives to start operations in the country. According to the Registrar of Companies' website, Tesla India Motors and Energy Private Limited has been incorporated and registered on Lavelle Road. The company registered its Indian subsidiary with the Registrar of Companies in Bengaluru on January 8, 2021 with Rs 15 lakh authorised capital and Rs 1 lakh paid up capital. Tesla has plans to set up an engineering centre.

Tesla has got an office in Bengaluru and is looking for executives

Recently, the American entrepreneur had said that the electric vehicle company continues to face "a lot of challenges" with the Indian government regarding the setting up of car production in India. Last Wednesday, a Twitter user posted a tweet asking Musk whether there was any further update of Tesla manufacturing launch in India and saying the vehicles "deserve to be in every corner of the world." "Still working through a lot of challenges with the government, " Musk answered on Twitter.

(with Input from Agencies)

A HEARTY PROBLEM

Don't avoid your heart check-ups because of fear of contracting Covid, say doctors; it could be fatal

Pragna L Krupa
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TWEETS @BangaloreMirror

As cardiovascular disease cases increase during winter, doctors suggest citizens get tested early and start treatment to mitigate the risk of heart disease.

Usually, people delay going to the hospital because of a fear of contracting Covid and this may be the reason why there are more severe cases with greater heart damage, says Dr Karthik Vasudevan, Senior Consultant Interventional Cardiologist, Manipal Hospital Yeswanthpur.

"This was our observation during the first and second wave. It's very important to impress upon people that the risk of dying from heart attack is more than catching Covid. There is an increased smoking habit during the cold season, which in turn can lead to a heart attack. There is also a tendency for people not to exercise during winters as it's cold thus it keeps us inactive and may increase the risk of deteriorating cardiovascular health."

Cold weather precipitates angina (chest pain), says Dr Praveen Sadarmin, Interventional Cardiologist, Narayana Health City. "Blood pressure goes up during cold weather as it precipitates constriction of blood vessels and this leads to increased resistance to blood flow and high blood pressure. Elderly people are more sensitive to weather changes and have poor BP which is a major risk factor for heart disease and heart attack. Winter causes change in daylight hours resulting in long dark hours and limited sunlight time. This change in ratio of daylight to dark hours causes hormonal imbalance, particularly Cortisol which can lower the threshold for Cardiovascular events," he said.

Adding that the CVD numbers rose in Narayana Health City, he said that from summer to winter the number went up from April (24 cases), May (31 cases), June (36 cases), November (47 cases) and December (52 cases).

Abhijit Vilas Kulkarni, senior interventional cardiologist, Apollo Hospitals, said that it is a known fact that cardiovascular diseases increase during winter. There are increased episodes of both angina and heart attacks. "We have seen a rise in CVD and it could be for so many reasons. There was pent-up of load of CVD and there was a lockdown before that. Overall, people travelling to hospital and getting these treatments done was more and in the last quarter (October – December) we had around 20 per cent - 25 per cent increase in the overall number of procedures and cases coming up to our hospitals," he said.

Your blood pressure is a key indicator of your heart's health

> **"There is also a tendency for people not to exercise during winters as it's cold thus it keeps us inactive and may increase the risk of deteriorating cardiovascular health**
>
> –Dr Karthik Vasudevan, Manipal Hospital Yeswanthpur

Flu can trigger a heart attack

Sadarmin said that seasonal flu is typical during winter months and inflammation can trigger heart attack. Flu is the major contributor to inflammation during these months and Inflammation can make arterial plaque less stable, and may dislodge or block coronaries leading to a heart attack. Flu shot (vaccine) can lower this risk and is recommended for people >65 years and patients with pre-existing heart disease.

What precautions one should take in order to reduce the risk

"Knowledge is the greatest tool in the fight against heart disease. Being aware of your risks, taking steps to keep yourself warm and avoiding unnecessary exposure to cold weather will increase your chances of being safe. People eat more, drink more, smoke more and gain more weight during winter months – which needs to be controlled. Holiday season is stressful for many people both in terms of social and financial pressures. Anxiety and depression also tend to peak during winter months which is also known to be associated with heart disease. If you have risk factors for heart disease or is already a heart disease patient, see your cardiologist for advice and make sure you take the necessary medication prescribed to keep you safe and healthy," says Sadarmin.

Feeling tired? Check if you are anaemic

Women are complaining of low efficiency, attention deficiency, fatigue

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TWEETS @BangaloreMIRROR

Doctors in the city are noting a considerable rise in female patients with anaemia. Patients usually complain of fatigue and low productivity and after tests it turns out to be anaemia.

The pattern is prominently witnessed in women in their reproductive years. It is said that they come to hospitals and complain about low efficiency, repeated infection, attention deficiency, fatigue, etc. Many are being diagnosed with low haemoglobin levels. A hospital reported a case of haemoglobin as low as 5.8 per cent.

"In the past two years, we have seen patients from between the age group of 35 and 50 and women who have attained menarche. They are suffering from erratic periods and heavy bleeding due to hormonal imbalance. Girls as young as nine are attaining menarche. This is due to more estrogen and less progesterone. In some cases, heavy bleeding is caused due to benign tumours. The heavy bleeding, combined with an inadequate diet, is leading to low levels of haemoglobin," said Dr Gayathri D Kamath, senior consultant, obstetrics and gynecology, Fortis Hospitals, Bannerghatta Road.

Due to the pandemic, young children are sitting in their homes, unable to enjoy the required physical exercise and peer interaction. The sedentary lifestyle, coupled with a lack of nutrition is leading to this condition, noted experts.

"Normally, menstrual bleeding does not lead to anaemia. However, not having an iron-rich diet can cause it. From the beginning of the pandemic, until the push for vaccines in 2021, people have neglected their health. The problem is not limited to not consuming iron-rich food but with absorption as well," Dr Kamath said.

The pandemic also made it difficult for patients to visit hospitals. The fear of coming in contact with the virus prevented people from getting regular checkups.

"It's not just haemoglobin issues, they have missed cancer checkups, pap smears and more," said Dr Smrithi D Nayak, consultant, obstetrics, gynecology and fertility specialist, Aster RV Hospital.

In the past one week, Dr Shanthala has seen three patients with haemoglobin levels lower than 10 per cent.

"Many patients have not been active during the pandemic, which caused hormonal changes that affected their period. Patients are suffering from delayed periods, early periods and prolonged periods. Some patients were also found with fibroids upon investigation; these were contributing to heavy bleeding," said Dr Shantala Thuppanna, senior consultant and head, obstetrics and gynecology.

"Recently, I saw a patient whose haemoglobin level was 6 per cent. She was suffering from

Anaemia can be dangerous during pregnancy, say gynaecologists

increased menstrual bleeding," noted Dr Sai Kiran, consultant physician at People Tree Hospital, Yeswanthpur.

Medical experts suggested blood transfusion for patients with less than eight per cent haemoglobin until the levels reach 10 per cent.

"In non-pregnant patients, we need to evaluate the exact cause for the condition and go for treatments accordingly. Although iron-deficient anaemia is the most common type, there are several other types of anaemia. Patients are given oral supplements, IV infusion, and then blood transfusion as a last resort. Anaemia can be risky for pregnant women. They are provided with supplements and iron injections as a second step. If the levels don't rise, the pregnant woman is given a blood transfusion during delivery," added Dr Nayak.

Experts suggested that patients undergo dietary changes and consume more iron-rich foods like gooseberries and lime and reduce consumption of coffee and tea.

Treading into uncharted waters

Water polo has somehow not got the same amount of encouragement as other aquatic disciplines like swimming, diving and synchronised swimming

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Water polo clubs unearth players who then represent the country in major events and bring laurels

September 8 is normally observed as the World Literacy Day, but it is also a momentous day for enthusiasts of water polo. On the same date in 2021, the Vasantha Vihar Water Polo club was established in Bengaluru.

The most grueling of all aquatic disciplines, even compared to many other sports as well, water polo has somehow not got the same amount of encouragement as other aquatic disciplines like swimming, diving and synchronised swimming.

The need to provide a fillip to water polo, given the fact that a large number of youngsters, boys and girls, are keenly interested in it was the sole reason why a group of water polo enthusiasts got together to form the Vasantha Vihar Water Polo Club.

Interestingly, water polo is immensely popular in most parts of Europe, USA and Oceania as well. There are any number of clubs, associations and federations only for water polo. Consequently, water polo competitions are plentiful. There are at least four world events -- the Olympic Games competition is a major draw, the World championship during the World Aquatics Championships, World Cup of Water Polo and the Water Polo World League. All these events witness large crowds and wide media coverage as well.

There are any number of water polo clubs with professional Water Polo club championships in Europe, USA, Australia, etc. These clubs unearth players who then represent the country in major events and bring laurels.

This system has been established since the 1970s, similar to what exists in soccer and snooker. Somehow, Africa and Asia have lagged behind. More so in Asia and, naturally, India. It is this huge void that Vasantha Vihar Water Polo Club intends to bridge over a period of time. They have sown the seeds, which will bear fruit with proper nourishment in future.

"Our intention is not to oppose any organisation. There is a strong feeling that water polo is being largely neglected. There are no water polo-designated pools among other amenities. We hardly find proper recognition for water polo players in terms of awards, rewards. We aim to try and do whatever possible in all areas," said Dr Satisk K V, Vice President of VVWPC.

> **"There is a strong feeling that water polo is being largely neglected. There are no water polo-designated pools among other amenities**
>
> –Umashankar, VVWPC

"There are so many swimming pools owned by the BBMP. We will try and persuade them to reserve at least one pool only for water polo. There are so many still-water bodies in many districts and villages. We want to try and utilise them for our activity from time to time with proper government and local body clearances so that more people take to the sport. Many youths in villages are expert swimmers. Their talent must be honed to turn them into good water polo players," opined Umashankar, the club's secretary. "We intend to raise funds and try to have our own swimming pool so that our activities can go on unhindered," he added.

The constitution of the Federation Internationale de Natation (FINA), the body that administers all aquatic sports, provides for the formation of separate associations and federations for different aquatic disciplines. But they will be represented in FINA by the only umbrella organisation in the country. Nations like Australia, Hungary, USA, Brazil, Serbia and many more have formed separate federations and state bodies as well. Australia has instituted water polo associations in every state. These nations have such bodies not only for water polo but also for other water sports. They are not at loggerheads with the parent aquatic body but work in tandem to promote their individual disciplines. Naturally, they perform so well.

In the Indian context, such exercises are looked upon as rivalry between two factions. This creates needless friction and all disciplines suffer in many respects.

Considering Karnataka as a leading state in national swimming, a separate association for water polo, diving and others, this will go a long way in raising the profiles of these disciplines. With more activity in focus, the exponents will also benefit in terms of achievements, nomination for awards among others. "We will approach various officials and carry our vision forward," Umashankar said.

A Karnataka Water Polo Association, if and when it becomes a reality, could lead to better administration of the sport. It could well herald a new dawn in water polo.

The Vasantha Vihar Water Polo Club is surely treading into the uncharted and safe waters.

Faith of Success puts Aravind in classic circle

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It proved to be a dream come true for the unassuming trainer Aravind Ganapathy, the moment Faith of Success flashed past the post first, in the `Ladies Derby' the Golconda Oaks in the city of Nawabs Hyderabad. The fact that he had entered the elite classic circle took a little while to sink in and minutes later it was time for song and dance all night long.

It was a superb effort considering the fact that most pundits and a number of old hats in the game didn't give Faith of Success a chance in the mega event at Malakpet (Hyderabad). But Aravind was confident. After her success in a nine furlongs event at her parent-centre in Bengaluru, Aravind knew he could pull the plug and blow out the fuse on his rivals in the premier classic. And Faith of Success provided the silver lining, galloping home in style to help her master record his maiden classic success.

"It took a while, but it is worth the wait. My daughter Shrishti is my lucky charm and my first classic is for her and my family," said Aravind. He pointed out that his dad Subbiah Ganapathy, who to his credit has 97 victories, always told him that patience holds the key in this sport and he patiently waited knowing that his time will come and now that it has happened, Aravind is on top of the moon.

> **After getting his licence to train in the 2013 winter season, the young turk led Light of Success in the Mysore season next year**

From Light of Success, his first winner, to Faith of Success, it has been a satisfying journey for Aravind. After getting his licence to train in the 2013 winter season, the young turk led Light of Success in the Mysore season next year. A couple of good victories including Krieger's success at Mumbai put the hard-working pro on the high road. Aravind knew that like any other sport, in this game too, the best of the performers has a couple of lean and bad seasons and that is the big test. He was prepared when it did happen. And he successfully fought the big battle with the support and encouragement from his dad who he proudly declared was his super hero and elder brother Karthik Ganapathy training in Mumbai.

Now that he is in classic company, will he be open to training for all owners? Aravind disclosed that he is happy training for the MAM Ramaswamy trust and a couple of his dear and near friends. The pro revealed that A C Muthiah, who heads the operations of the trust, has played a stellar role in his success story and it was A C Muthiah's confidence which helped him realise his goal. "Though Faith of Success performed badly in the 1,000 Guineas, the moment I told him that I wanted to take a chance in the Golconda Oaks after her victory in a handicap event, he readily agreed. This was very encouraging," said Aravind. "Muthiah and dad apart, my wife Sarsu who is from a non-racing background is very supportive and that has helped overcome the tough times one gets to face in this high stakes game," he added.

Trainer Aravind Ganapathy with Faith Of Success, winner of the Golconda Oaks classic, in Hyderabad

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

FLYING HIGH

For many, Sankranti is incomplete without flying kites. Our reader Prakash Pirgal sent us this picture of his family celebrating Sankranti by flying kites at their Madhavnagar home on Saturday.

The picture was clicked by reader Prakash Pirgal

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Govinda Reddy Layout citizens are in despair

Residents say storm-water drains are being constructed at a level higher than their houses, which doesn't control flooding

Shreya BN
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Last year, when the rains played havoc in the city, Bengaluru houses were flooded thanks to the absence of storm-water drains on the road. Now, storm-water drains have been created, but the problem persists.

At Govinda Reddy Layout (Ward no 50), near Hosa Road, local residents allege that the storm-water drains have been constructed at a higher level than their houses, which was not helping with the flooding at all.

A resident said: "I am unhappy with the sloppy work being done by Bruhat Bengaluru Mahanagara Palike (BBMP). The storm-water drain has been constructed at a higher level without considering surrounding terrain and houses."

Radhakrishna, a resident, said that earlier, there was no proper road when the houses were constructed. Now the same road is being upgraded. "As drains are now being created at a higher level, as a result, the rain water outflows into the basement causing problems for us during rainfall. Also, there is no access provided to the side road. BBMP hasn't taken into consideration the level of houses. We have been complaining to the BBMP contractors but have not got any response so far. I hope BBMP looks into the issue and resolves them soon in time," added Radhakrishna.

> **"As drains are now being created at a higher level, as a result, the rain water outflows into the basement causing problems for us during rainfall.** – Radhakrishna, a resident

Another resident alleged that there was no access provided to the house on the side road and had been following for the same with no action.

DID YOU KNOW?

Dobbspet is a tiny town located in Nelamangala Taluk, Bengaluru Rural District, Karnataka. It was formerly called as Somapura, and re-named as Dobbspet in memory of Major General Richard Stewart Dobbs, the first collector of Tumakuru District. Dobbs was an eminent statesman who devoted the major part of his life to the service of the people by the establishment of order and systematic administration in Tumakuru district. Dobbspet is located 50 km away from Bangalore along National Highway 4 (in picture). The nearest city is Tumakuru. The Hindu pilgrimage site of Shivagange lies near the town. It is currently spelled Dabaspet, keeping in view the Kannada dialect. The NH 207 from Hosur terminates here. **— Wikipedia**

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

Do you think schools should continue with online classes? If yes, what suggestions would you give for those with no internet?

Vasanth Mysoremath
A social activist
All India Radio's help may be sought and there are many private licensed radio stations that may be roped in for delivering online lessons.

Ramanan K V
A teacher
Schools should pursue offline education by maintaining stringent covid protocols. Many teachers find it difficult to get adjusted to the new technologies and sometimes faulty networks hampers our flow of teaching.

Manjunath K
A reader
The government should plan on providing free internet where there is no internet, by providing secured user ID and passwords.

Gaurav Maini
MNC employee
Online classes can continue till January 31, but it's not a substitute for physical classes. Kids have already lost a lot due to lockdown. Those without internet should be provided free data by service providers for some days or they can attend classes on Chandana TV. Schools should be the last one to be closed and first to open.

Chetan
BM Reader
Schools should continue with combination of online and offline classes. Online for those with internet access & offline with strict Covid Protocols for those without internet access.

SPEAK TO US

Do you think the current fine of Rs 250 for violating covid norms in public is adequate? If no, what are the solutions you suggest?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Fiery fete

Cattle made to jump over fire on the occasion of Makara Sankranti on the outskirts of the city on Saturday. This bovine sport is called Kichchu Haisodu, where cattle and herders jump through burning haystacks seeking protection for the cattle

PIC: KAUSHIK JN

Mysuru's e-toilets are out of order

As no company has shown interest in maintenance of toilets, these facilities have rusted away and are rendered useless

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The Mysuru City Corporation has built 23 E-toilets spending Rs.1.16 crore, but the project has turned out to be a big flop due to lack of maintenance.

Contractors built these high-tech e-toilets and maintained them for one year as per their contract and left afterwards. As there was no alternative arranged for maintenance, these toilets stayed shut and were not maintained. Mysuru City Corporation installed 18 E-toilets for clean city awards. Later it tried to install 12 more toilets but succeeded in installing only five among these.

These toilets were in use uninterruptedly for one year, after which the company that was maintaining it left them unattended as its contract period was over.

The corporation staff also ignored these toilets. So, finally, they are closed. These E-toilets were installed in different places of the city, opposite to Zoo, opposite Sub-Urban Bus Stand, opposite Sangam Theatre, near Jaganmohan Palace, Urs Road and Diwan's Road Junction, near Mahalakshmi Sweets, near Mukkaji Circle, near Railway Station, K R Hospital, near BM Hospital, Gangotri Badavane, Vishwakarma Hostel, near Maharani Science College, near Kuvempunagar Mysuru Club, near Lavakusha Park, near Suma Sopana Park, Ramakrishna 1st Cross, near Ramakrishna Nagar Sub-Registrar office, behind Shyam Studio, Jayanagar KG Koppal circle, near Vidyaranyapura Bus Stand.

E-toilets set up by Mysuru City Corporation (MCC) at various places lie in a state of neglect

> **When the corporation built E-toilets, it failed to think about maintaining them**
>
> – R Romashekhar, former corporation member

Executive Engineer Sindhu said, "The company which built E-toilets managed them for one year. Afterwards, no one showed interest in maintaining the toilets. We have now invited a tender of Rs.23 lakh, the Kerala-based company which built these e-toilets also participated in the tender. Very soon those toilets will be repaired and maintained."

A resident of Mysuru Ramesh Kikkeri said corporation officials were only interested in installing E-toilets without training the maintenance of them to the staff.

"Those toilets were not in use for the last four to five years and became completely useless. This is because of the negligence of the Corporation officials," he said.

A former member of the Corporation R Somashekhar says, "When the corporation built E-toilets, it failed to think about maintaining them. This wastes crores of rupees of taxpayers' money. Corporation members must take action on this."

It was said that no one showed any interest even after tenders were invited continuously for four years for maintaining these toilets. Some of the E-toilets have rusted and some have come off from their spots.

No foreign dignitary chief guest for R-Day

Republic Day parade to see 24,000 guests, but covid has put paid to custom of inviting a dignitary as chief guest

Approximately 24,000 people will be permitted to attend the Republic Day parade on January 26 this year given the COVID-19 situation in the national capital, sources in the defence establishment said on Saturday. In 2020, before the pandemic struck India, around 1.25 lakh people were permitted to attend the parade, they noted.

Last year's Republic Day parade took place amid the Covid pandemic and close to 25,000 people were allowed to attend it, sources mentioned. Like last year, this time too the parade may not have any foreign dignitary as the chief guest due to the pandemic, they said, adding India was planning to invite the leaders of Uzbekistan, Turkmenistan, Kazakhstan, Kyrgyz Republic and Tajikistan. Out of the approximately 24,000 people who will be attending the parade this year, 19,000 would be invited and the rest would be the general public, who can purchase tickets, sources said. All covid-19 protocols will be followed at the parade. Social distancing norms would be followed while making the seating arrangements, they mentioned, adding sanitiser dispensers will be available everywhere and wearing masks would be compulsory.

Karnataka's tableaux is the chosen one

Karnataka has been a consistent performer in Republic Day tableaux. This year, state's Tableaux will be on the theme 'Karnataka, The Cradle of Traditional Handicrafts'. Chief Minister Bommai said, "This is the 13th consecutive time that our Tableaux got selected. Out of the 12 selected states, ours is the only State from South India."

NATION

Uniform unveiled

Indian Army unveiled its new combat uniform at the parade on the occasion of Army Day on Saturday.

The new combat uniform for army personnel is aimed to provide more comfort and sustainability. In a first, the Army Day parade witnessed the new uniform and weapons of different era. The troops will also march donning the same uniform during the Republic Day parade this year. The new uniform is of digital pattern like the troops of the US Army. "The camouflage of the changed uniform is better than its previous one," said a senior Indian Army officer.

The Army has always objected over other paramilitary forces wearing combat dress of similar pattern. "Many a times we had flagged it," said the officer. Interestingly, the new combat uniform does not have tuck-in dress and there will be a T-shirt inside. The pattern is a digital disruptive one and more like a pixelated design.

President's bodyguards rehearse at Vijay Chowk, in New Delhi on Friday

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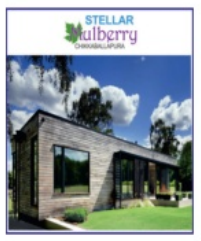

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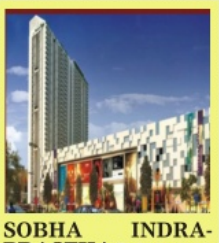

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GET NOTICED

Kohli gives up India test captaincy

Virat Kohli shocked Indian cricket on Saturday by abruptly resigning as the national side's test captain, after leading the team to several memorable victories in his seven years in charge.

The 33-year-old, India's most successful test captain, took to Twitter to announce his decision a day after India's 2-1 series defeat in South Africa.

"It's been seven years of hard work, toil and relentless perseverance everyday to take the team in the right direction. I've done the job with absolute honesty and left nothing out there," Kohli said in his statement.

"Everything has come to a halt at some stage and for me as test captain of India, it's now. There have been many ups and also some downs along the journey, but never has there been a lack of effort or lack of belief."

The feisty top order batsman has had a difficult relationship with the Indian cricket board (BCCI) since stepping down as the Twenty20 captain after last year's World Cup.

That cost him the one-day captaincy as well, with the BCCI installing Rohit Sharma as captain in both the short formats.

"It comes as a shock for everyone as he is one of the most respected test captains," former test batsman Ashok Malhotra told NDTV news channel.

"I think he jumped before he was pushed."

Kohli thanked Mahendra Singh Dhoni, whom he replaced as the test captain in 2014, and former India coach Ravi Shastri in his statement.

—Reuters

Bird on the wire

CONTINUED FROM PAGE 1

The crowding of so many animals, with a weakened immune system due to trait selection, makes them susceptible to diseases, and when such diseases are zoonotic, the threat is extended to the human population. From being a cruel sight to engendering a cluster of pathogens, this system of the poultry industry disregards food safety, public health and environment norms.

Experts say the production of massive amounts of waste and their irresponsible disposal does irreparable damage to the environment and is another threat to people living in such environments.

The horrific condition in which the birds are handled and culled in front of each other, sometimes also in public view, causes release of stress hormones in the birds, weakening their immunity and rendering their meat harmful for consumption.

So, if the battery cages are illegal, why are they still in use? According to Shreya, it is due to the lack of government's active role in implementation, and profits for a handful few.

"All commercial eggs come from battery cages. The handful of companies that profit from the externalisation of cost on the welfare of hens, the environment and consequently public health, do not want to change that. While the small farmers lose out of market link due to this industrialisation. Sadly, while the rest of the world is moving away from battery cages, we are now utilising it to the benefit of a handful and the detriment of billions of birds, the health of our environment and ourselves," added Shreya.

According to Dr Sushanth Rai, president, Karnataka Poultry Farmers and Breeders Association, the government should ban the slaughter of animals within the city.

"There should be a total ban on animal slaughter within the city limits. It will not only put a check on the illegal use of battery cages but will also ensure cruelty-free meat. When a bird is slaughtered under stress, the meat quality gets compromised posing a threat to human health. Moreover, these shops discard the remains of the poultry in an irresponsible way, which might lead to disease outbreaks," said Dr Shushant adding that most of the breeders in Karnataka use only California cages wherein every bird gets nine inches (522.58 square centimeters) of ample space.

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I, M.SHIVA PRASAD s/o Late Mallappa R/a No. 8/1, 1st Cross, 4th D Main, Mahalakshmi Layout, Bangalore-560086, declare that while becoming a member of the Rajajinagar Housing Co-operative Society Ltd, Rajajinagar, Bangalore-560010, I filled my member ship application in father's column by oversight as MALLESHAPPA and also same in registered sale deed, but my father correct name stands as MALLAPPA wherein my Aadhaar Card and Voter Id vide affidavit dated 4-1-2022, sworn before notary B.K.R Krishna murthy, Bangalore.

I, FIROJ AHMED SOLANKI S/o Amiruddin Solanki R/o #13, 6th Cross, SLV Temple Road, Near Mangammanapalya Lake, Bommanahalli, Bengaluru-68 has changed my name to FIROZ AHMED SOLANKI vide affidavit dtd 12/01/2022 before Notary K. MURALIDHARAN, Bengaluru

HARDIK Kumar G S/o Sub Clk (SD) Patelia Gautam Bhai Distt- Sabarkntha, State- Gujarat-383462 changed name from Hardik Kumar G to Patel Hardik Kumar notary L Gopalakrishana Bangalore City.

DHANJI F/o Sub Clk (SD) Patelia Gautam Bhai Distt- Sabarkntha, State- Gujarat-383462 changed name from Dhanji to Pateliya Dhanjibhai Somaji notary L Gopalakrishana Bangalore City.

LAXMI Ben W/o Sub Clk (SD) Patelia Gautam Bhai Distt- Sabarkntha, State- Gujarat-383462 changed name from Laxmi Ben to Pateliya Laxmiben Gautam Bhai notary L Gopalakrishna Bangalore City.

I, Vinodh Srinivas S/o Srinivas.N, R/o No.4, T.C Palya road, Behind Mother Teresa School, Varanasi, Bengaluru 560036 have changed my name to VINOD SRINIVAS (VINOD.S) affidavit Dt.14/01/2022 notary Muneer.A B'luru

I Jyoti Kanwar W/o No 14848416M Hav Ajay Kumar Singh R/o Vill- Kansinghpura, PO- Lambi (Ahir), Distt- Jhunjhunu (Raj), have changed my name from Jyoti Kumari to Jyoti Kanwar vide affidavit dated 29 Sept 2021.

MANI Ben M/o Sub Clk (SD) Patelia Gautam Bhai Distt- Sabarkntha, State- Gujarat-383462 changed name from Mani Ben to Pateliya Maniben notary L Gopalakrishana Bangalore City.

I, Azeez Ullakhan Irshad R/O 1606, KB Sandra, Bangalore-32 have changed my name to Azeez Ulla Khan Irshad for all purposes.

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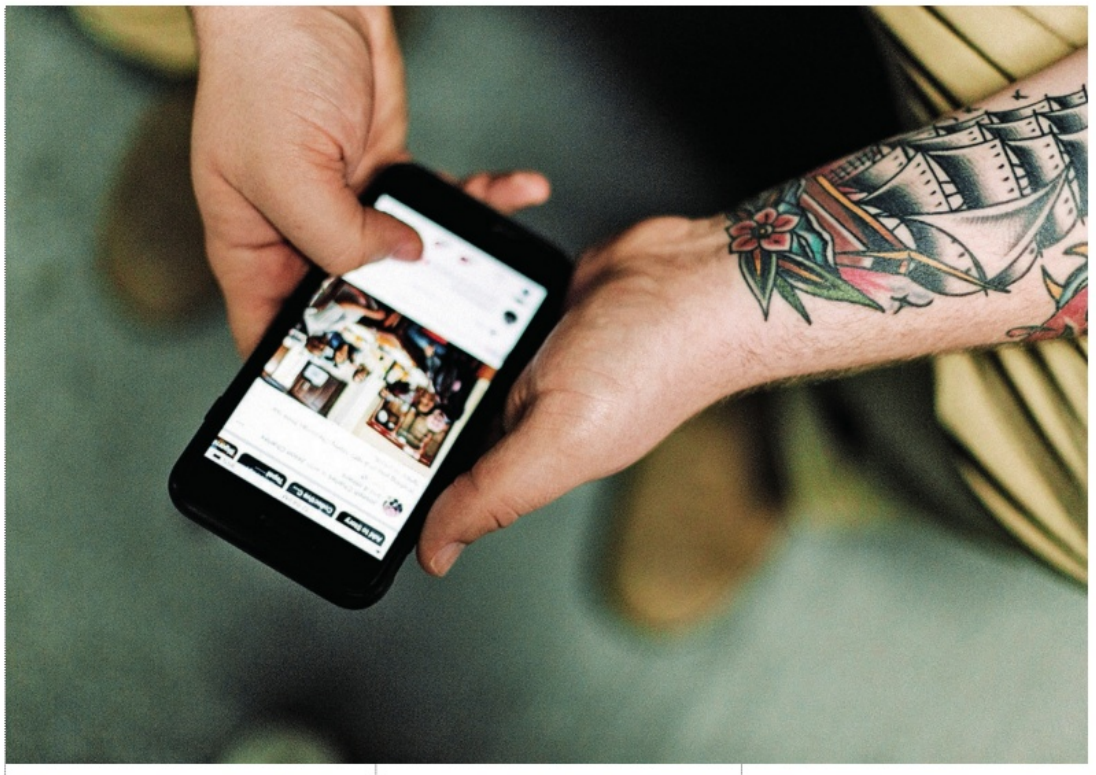
How targeted advertising on social media can drive people to radical, extreme views

Flirting with extremes



Have you had the experience of looking at some product online and then seeing ads for it all over your social media feed? Far from coincidence, these instances of eerily accurate advertising provide glimpses into the behind-the-scenes mechanisms that feed an item you search for on Google, "like" on social media or come across while browsing into custom advertising on social media.

Those mechanisms are increasingly being used for more nefarious purposes than aggressive advertising. The threat is in how this targeted advertising interacts with today's extremely divisive political landscape. As a social media researcher, I see how people seeking to radicalise others use targeted advertising to readily move people to extreme views.

Advertising to an audience of one

Advertising is clearly powerful. The right ad campaign can help shape or create demand for a new product or rehabilitate the image of an older product or even of an entire company or brand. Political campaigns use similar strategies to push candidates and ideas, and historically countries have used them to wage propaganda wars.

Advertising in mass media is powerful, but mass media has a built-in moderating force. When trying to move many people in one direction, mass media can only move them as fast as the middle will tolerate. If it moves too far or too fast, people in the middle may be alienated.

The detailed profiles the social media companies build for each of their users make advertising even more powerful by enabling advertisers to tailor their messages to individuals. These profiles often include the size and value of your home, what year you bought your car, whether you're expecting a child, and whether you buy a lot of beer.

> **"The same mechanisms that can recommend a niche consumer product to the right person or suggest an addictive substance just when someone is most vulnerable can also suggest an extreme conspiracy theory just when a person is ready to consider it**

Consequently, social media has a greater ability to expose people to ideas as fast as they individually will accept them. The same mechanisms that can recommend a niche consumer product to just the right person or suggest an addictive substance just when someone is most vulnerable can also suggest an extreme conspiracy theory just when a person is ready to consider it.

It is increasingly common for friends and family to find themselves on opposite sides of highly polarised debates about important issues. Many people recognise social media as part of the problem, but how are these powerful customised advertising techniques contributing to the divisive political landscape?

Breadcrumbs to the extreme

One important part of the answer is that people associated with foreign governments, without admitting who they are, take extreme positions in social media posts with the deliberate goal of sparking division and conflict. These extreme posts take advantage of the social media algorithms, which are designed to heighten engagement, meaning they reward content that provokes a response.

Another important part of the answer is that people seeking to radicalise others lay out trails of breadcrumbs to more and more extreme positions.

These social media radicalisation pipelines work much the same way whether recruiting jihadists or Capitol attackers in the US.

You may feel like you're "doing your own research," moving from source to source, but you are really following a deliberate radicalisation pipeline that's designed to move you toward more and more extreme content at whatever pace you will tolerate. For example, after analyzing over 72 million user comments on over 330,000 videos posted on 349 YouTube channels, researchers found that users consistently migrated from milder to more extreme content.

The result of these radicalisation pipelines is apparent. Rather than most people having moderate views with fewer people holding extreme views, fewer and fewer people are in the middle.

How to protect yourself

What can you do? First, I recommend a huge dose of skepticism about social media recommendations. Most people have gone to social media looking for something in particular and then found themselves looking up from their phones an hour or more later having little idea how or why they read or watched what they just did. It is designed to be addictive.

I've been trying to chart a more deliberate path to the information I want and actively trying to avoid just clicking on whatever is recommended to me. If I do read or watch what is suggested, I ask myself "How might this information be in someone else's best interest, not mine?"

Second, consider supporting efforts to require social media platforms to offer users a choice of algorithms for recommendations and feed curation, including ones based on simple-to-explain rules.

Third, and most important, I recommend investing more time in interacting with friends and family off of social media. If I find myself needing to forward a link to make a point, I treat that as a warning bell that I do not actually understand the issue well enough myself. If so, perhaps I have found myself following a constructed trail toward extreme content rather than consuming materials that are actually helping me better understand the world.

—Jeanna Matthews for The Conversation via PTI

BITS & BYTES

ANDROID 13 STYLE

While Android 13 is still a while away from its launch, rumours and leaks have already started emerging. And the latest Android 13 leak is about the design aspect.

With Android 12, Google introduced its Material You theming engine (Pixel exclusive) which applies a varied colour palette across your home screen, widgets, icons and menus based on colours found in your wallpaper. It seems this feature will be further expanded in Android 13 (codenamed Tiramisu) as a new report from Android Police details new colour palette combination options and brings their source code names.

Tonal Spot, Vibrant, Expressive, Spritz will each come with a preset of colours again based on the hues found in your wallpaper.

DETACHED SMARTWATCH

To take on Apple, Meta is reportedly planning to launch its first smartwatch in two models - a circular and a square one with detachable display.

According to LetsGoDigital, the display on both watches will be detachable. The circular watch will have two or a max of three cameras. These sensors are touted to be a telephoto lens, an optical zoom or an ultra-wide sensor, and a macro lens.

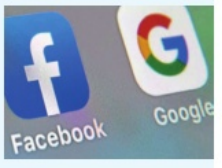
Expected to be priced around $400, the company aims to release the first version of the watch in the summer of 2022 and is already working on second and third generations for subsequent years.

A camera on the front of the watch display exists primarily for video calling, while a 1080p, auto-focus camera on the back can be used for capturing footage when detached from the stainless steel frame on the wrist. **PTI**

GREEDY GIANTS?

Top bosses of Google and Facebook were directly involved in approving an allegedly illegal 2018 deal to cement their dominance of the online advertising market, US court documents revealed Friday.

The records, part of an anti-trust lawsuit by a coalition of US states targeting Google, make serious allegations against Big Tech giants long accused of holding monopolies.



According to the states' accusations, the online search colossus sought to oust competition by manipulating ad auctions -- the ultra-sophisticated system that determines which ads appear on web pages based on the anonymized profiles of internet users.

The legal documents filed in a New York court clearly refer to Sundar Pichai, chief of Google's parent firm Alphabet, as well as Facebook executive Sheryl Sandberg and CEO Mark Zuckerberg -- even if their names were redacted.

HEALTH TIP: Mental health concerns, such as depression, are strongly linked to poor sleep quality and sleeping disorders

Low sleep quality and duration may increase your risk of developing heart disease

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BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I am a 34-year-old woman. I have been married for the last eight years but I've never enjoyed sex. My husband is not able to penetrate properly and when he tries, it's extremely painful. There is no problem in erection but the penis just doesn't go inside which is why I don't enjoy the act. What should we do? Is this normal? He is a little overweight and has a blood pressure problem, but it's under control. This is affecting our marriage. I want our sexual experience to be enjoyable for both of us.
Ideally, you both need to visit a sexpert who is experienced in dealing with such problems. Meanwhile, both of you should ensure that you are healthy and exercising adequately.

2 I am a virgin. I have been researching about sex on the internet lately. I read online that masturbating a few hours earlier helps men to maintain their erection during intercourse longer. Is this true? I don't have a girlfriend but I really like someone. And if we do get into a relationship in the future, I want to be prepared.
It is possible.

3 My partner and I are both 25 years old. We had unprotected sex two-three times, 10 days after her period. She took a contraceptive pill after two hours. The next day we used condoms while having intercourse. After four-five days, she bled while passing stool. Is she pregnant?
Your partner is not pregnant. You can use a urine pregnancy test to put your worries to rest.

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To new beginnings

Celebrate the harvest season by gorging on these classic recipes with a healthy twist

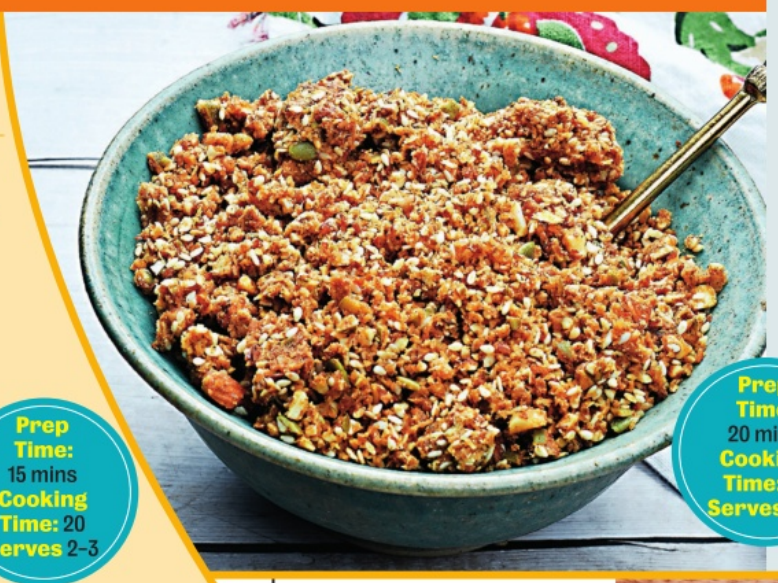
SAKKARAI PONGAL

Sakkarai Pongal is commonly prepared in every household during Sankranti along with other dishes.

INGREDIENTS
- Moong dal:1/4 cup
- Cauli rice: 1 cup
- Ghee: 1-2 tbsp
- Cashew nut: 1 tsp
- Almonds: 1 tsp
- Coconut slices: 1-2 tsp
- Cardamom powder: 1/4 tsp
- Cloves: 1-2
- Unsugar Stevia: 1-2 tsp
- Salt: a pinch

Prep Time: 15 mins **Cooking Time:** 20 **Serves** 2-3

METHOD
- Dry roast the moong dal till brown and fragrant. Wash moong dal till the water becomes clear. Pressure-cook the dal till it is soft and mushy. Thinly slice or chop cashew and almonds. Heat 2 tsp of ghee in a large pan. Add the nuts and coconut slices and fry till they are golden. In the same ghee, add the cloves and cauli rice and sauté for 2-3 mins. Add cooked moong dal and 1/2 cup water and mix well. Add the sweetener, cardamom powder, and salt. Cover and cook for a few minutes, stirring in between till the Pongal thickens a bit. Serve the Pongal garnished with roasted cashew, almonds, and coconut. Drizzle a tsp of ghee on top of the cooked Pongal and enjoy!



LOW CARB ELLU BELLA (SANKRANTI MIX)

Ellu Bella is a popular trail mix prepared during Makar Sankranti in Karnataka and many households here distribute it to their neighbours in little packets along with other sweets.

INGREDIENTS
- Sesame seeds, white: 1/4 cup
- Desiccated coconut/Coconut flakes: 1/4 cup
- Pumpkin seeds: 1/4 cup
- Peanuts: 1/4 cup
- Coconut oil: 2 tbsp
- Vanilla extract: 1 tbsp
- Cardamom powder: 1 tsp
- Unsugar stevia: 2 tsp
- Salt: a pinch
- Peanut butter: ¼ - 1/2 cup

METHOD
- Coarsely chop the pumpkin seeds and peanuts or keep them whole. Mix all the seeds and rest of the ingredients. Check for sweetness. Spread the mixture on a tray, like you would for a granola mix. Bake at 175 C for about 10-15 mins. Once it's a nice golden-brown colour, cool it down completely. Store in an airtight container.

Prep Time: 20 mins **Cooking Time:** 15 **Serves** 3-4

MASALA AVAREKALU

The tastiest beans in town, Avarekalu is native to Karnataka. A modest bean that was served to a hungry king now has an annual Avarekalu Day in Bengaluru. This take on Avarekalu has a burst of chatpata flavours in your mouth, tickling your taste buds, and is a healthy version to try this Sankranti.

INGREDIENTS
- Coconut, fresh: 2 tbsp
- Avarekalu: 1/2 cup
- Ghee: 2-3 tsp
- Peanuts: 2 tbsp
- Pumpkin seeds: 1 tbsp
- Sunflower seeds: 1 tbsp
- Cumin powder: 1/2 tsp
- Chaat masala powder: 1/2 tsp
- Fennel seeds: 1/2 tsp
- Curry leaves: a few
- Dried red chili: 1no
- Salt: to taste
- Red chili powder: 1/4 tsp
- Turmeric powder: 1/4 tsp
- Groundnut oil: 1/4 cup

METHOD
- Thinly slice coconut. Heat groundnut oil on medium flame for 4-5 minutes. Deep-fry the avarekai seeds in medium to low flame, till it turns crispy and golden brown. Dry-roast the other nuts and seeds. Heat ghee in a wok. Drop the curry leaves and dried red chillies, fry for a minute or so on medium heat. Now drop the sliced coconut, fennel seeds and fry some more. Add the masalas: turmeric, salt, chilli powder, cumin powder, chaat masala. Cook for a minute or so and switch off the heat. Add the fried avarekalu, nuts & seeds. Stir and ensure that everything is coated with the masala.

Prep Time: 20 mins **Cooking Time:** 20 **Serves** 2-3

By Monika Manchanda, Chief Culinary Officer & co-founder of LiveAltLife

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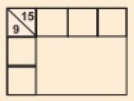
SOLVE IT IN A MINUTE

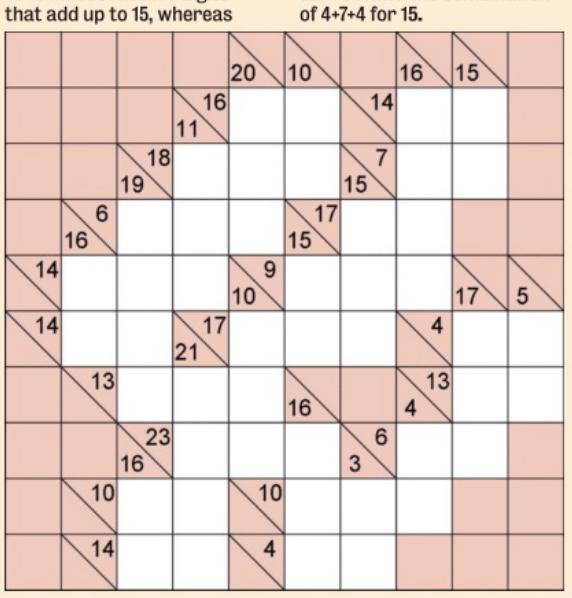
2+1=5 ; 3+2=11
4+3=19 ; 5+4=?

Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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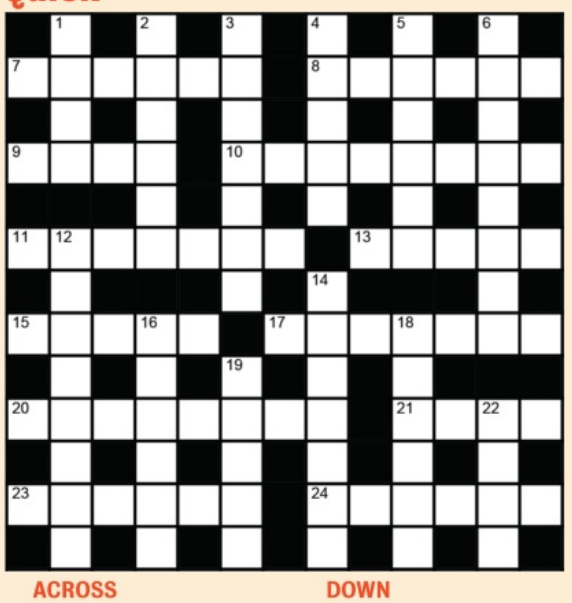


ACROSS

7 Somewhat ill (6)
8 Wine store (6)
9 Reliquary (4)
10 Without having to pay the landlord? (4-4)
11 Former Japanese emperor (7)
13 ____ Thomas : famous poet? (5)
15 Blow up (5)
17 Russian fellow? (7)
20 Ex-India spinner ___ Singh (8)
21 Maintain or hold (4)
23 India's cricket trophy (6)
24 Was bothered by (6)

DOWN

1 A hit to the boundary (4)
2 Deliver a sermon (6)
3 Moisten (7)
4 Part of a play (5)
5 Light and puffed up (6)
6 An easy task (8)
12 City in Maharashtra famous for sugar (8)
14 Ancient Roman or Greek galleys (7)
16 Strikes or hits; chastises? (6)
18 Mementos (6)
19 Karnataka town whose name is associated with South Indian food (5)
22 Female sheep (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: K EQUALS P

KFZKEF LXZ PMGF GXF XQTJ GXQG UFFJO GXFR DODQEEW EMIY GXF PZZG GXQG YMIYO GXFR.

Linemaro

You are so thoughtful in dealing with others

Mindchow

Never ruin an apology with an excuse

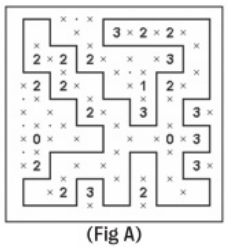
Joke of the day

The difference between in-laws and outlaws? Outlaws are wanted.

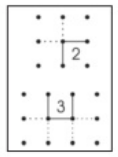
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

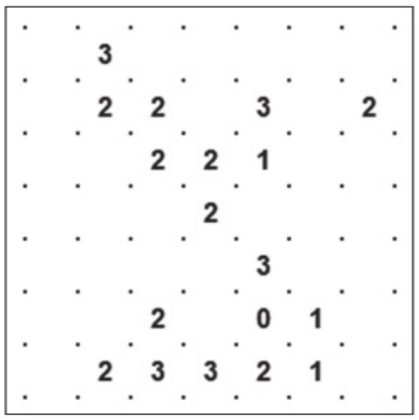


(Fig B) Not Allowed

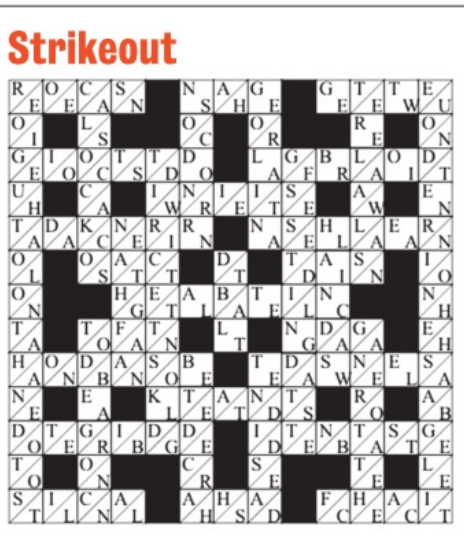
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



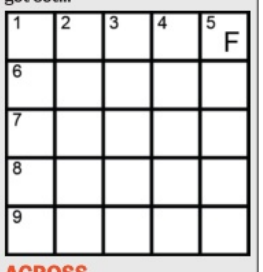
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

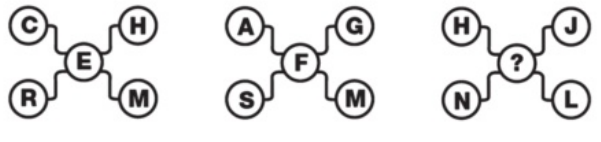
1 Off SC; 6 Rales;
7 Unite; 8 Is man;
9 Splat

DOWN

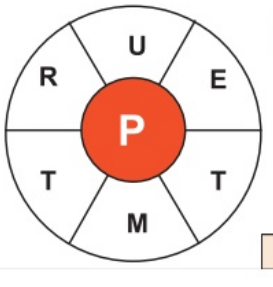
1 Lumps; 2 A clan;
3 Iotas; 4 It fen;
5 Serfs

Mensapuzzle

Which letter completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding

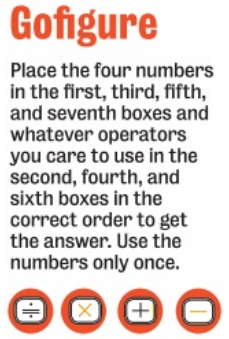
SudokuChallenge

		4		2	1	7		3
		1						
		8		5	9		1	
7					5			
	4	5	8		3	6	9	
			9					5
	2		3	6		8		
						2		
5		7	1	8		9		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

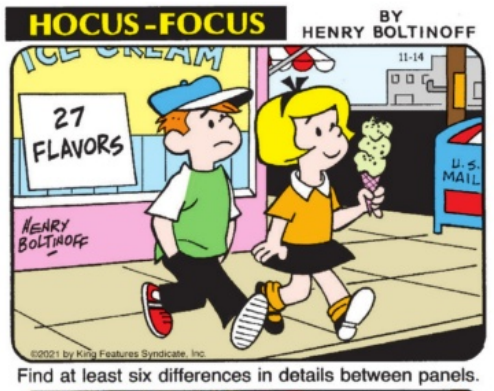
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

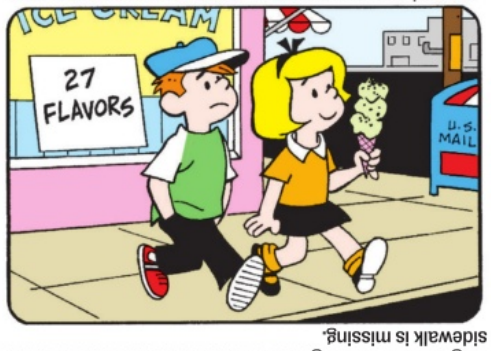


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



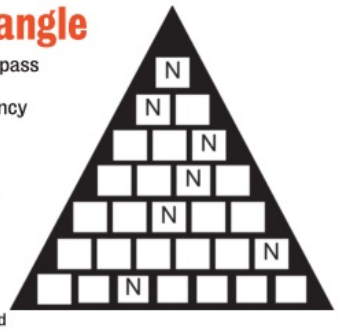
Differences: 1. Leg is moved. 2. Sign is moved. 3. Hair is longer. 4. Arm is longer. 5. Window is not as wide. 6. Line in sidewalk is missing.

Riddler

I am a world-renowned "symbol". In the English language, if I'm added to a noun, it turns to an adjective (in most cases). If you put horizontal lines through me, I become a currency, but it is not used in many countries. In Spanish, I am a "symbol", but also I am a word. I am used to connect words and phrases. If you watch your School House Rock, I go along with a junction. What am I?

Alpha triangle

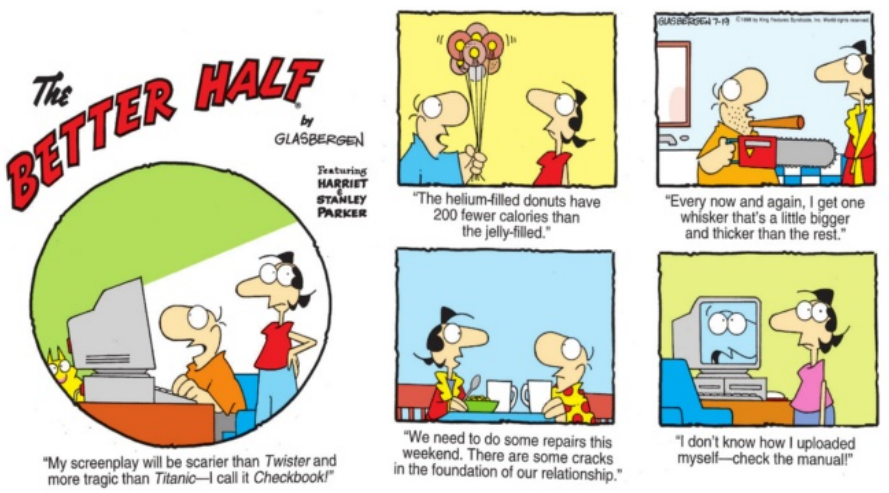
1 North on the compass
2 Neon symbol
3 Indonesian currency
4 Trig ratio
5 Script makeup
6 Give ear
7 Thrills or quivers



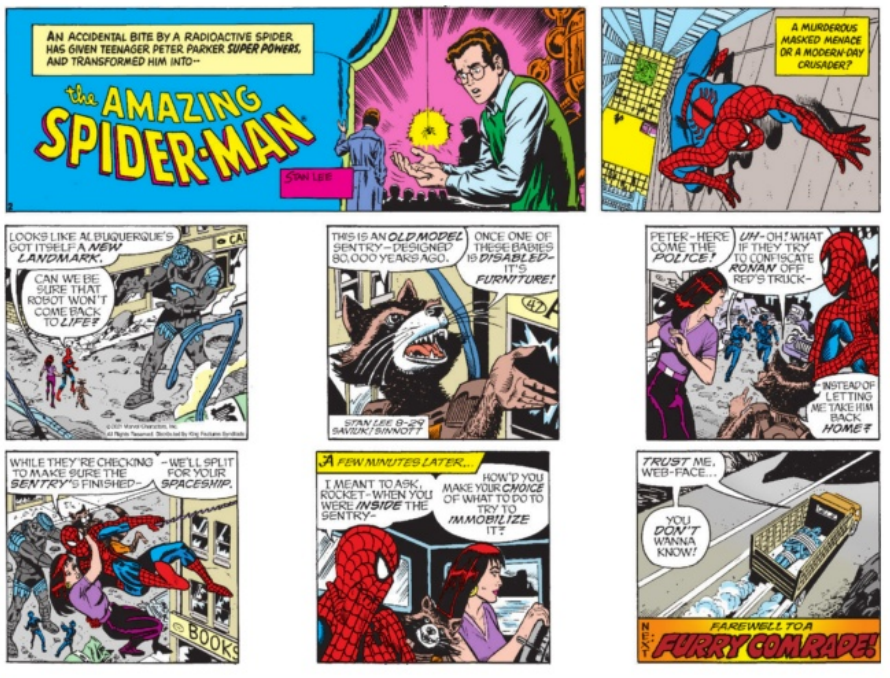
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"My screenplay will be scarier than Twister and more tragic than Titanic—I call it Checkbook!"
"The helium-filled donuts have 200 fewer calories than the jelly-filled."
"Every now and again, I get one whisker that's a little bigger and thicker than the rest."
"We need to do some repairs this weekend. There are some cracks in the foundation of our relationship."
"I don't know how I uploaded myself—check the manual!"

BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
WHAT'S ON THE SCHEDULE FOR THIS WEEKEND?
NOTHING.
WHAT DO YOU MEAN BY "NOTHING"?
NO GAMES, NO PRACTICES, NO RECITALS, NO SLEEPOVERS.
WE HAVE TWO WHOLE DAYS WITH ZERO OBLIGATIONS.
I ACTUALLY FEEL MYSELF COMING ALIVE AGAIN!
SO IT'S A GOOD TIME TO PAINT THE HALLWAY.


AN ACCIDENTAL BITE BY A RADIOACTIVE SPIDER HAS GIVEN TEENAGER PETER PARKER SUPER POWERS, AND TRANSFORMED HIM INTO--
the AMAZING SPIDER-MAN
STAN LEE
A MURDEROUS MASKED MENACE OR A MODERN-DAY CRUSADER?
LOOKS LIKE ALBUQUERQUE'S GOT ITSELF A NEW LANDMARK.
CAN WE BE SURE THAT ROBOT WON'T COME BACK TO LIFE?
THIS IS AN OLD MODEL SENTRY--DESIGNED 80,000 YEARS AGO.
ONCE ONE OF THESE BABIES IS DISABLED--IT'S FURNITURE!
STAN LEE 8-29 SAVAGE/BINNOTT
PETER--HERE COME THE POLICE!
UH-OH! WHAT IF THEY TRY TO CONFISCATE RONAN OFF REP'S TRUCK--
INSTEAD OF LETTING ME TAKE HIM BACK HOME?
WHILE THEY'RE CHECKING TO MAKE SURE THE SENTRY'S FINISHED--
WE'LL SPLIT FOR YOUR SPACESHIP.
BOOKS
A FEW MINUTES LATER...
I MEANT TO ASK, ROCKET--WHEN YOU WERE INSIDE THE SENTRY--
HOW'D YOU MAKE YOUR CHOICE OF WHAT TO DO TO TRY TO IMMOBILIZE IT?
TRUST ME, WEB-FACE...
YOU DON'T WANNA KNOW!
FAREWELL TO A FURRY COMRADE!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, with the help of your strong network, you may implement your business plans. You may use your wisdom to gain profits. You may also have harmony in your domestic life; there may be good understanding between you and your spouse.

Taurus Apr 21 – May 20
Today, you will be more religious; you may plan to visit some religious place to find peace of mind. You may donate some amount to charity or to a spiritual place. People around you may get help and support from you in terms of financial or moral support. You may enjoy every moment with satisfaction and patience.

Gemini May 21 – Jun 21
Today, you may have a dull feeling. You are advised to control your short temper. Your focus will be tested many times; you should try to avoid being fickle towards your goals. It is advised not to invest in worthless stuff. Lovebirds are advised to avoid arguments on worthless topics. It is advised to avoid overnight travelling and return home on time.

Cancer Jun 22 – July 23
Today, you will be blessed by the moon; you may make new plans for business; your colleagues may be with you to help you implement your plans. You may recover stuck money from your clients which may boost liquidity in the business. After late evening, you may have some anxiety which may affect your sleep.

Leo Jul 24 – Aug 23
Today, you will have control over your opponents and hidden enemies. Decisions in legal matter may work in your favour. Your boss may be happy because of your hard work and dedication; you may get new responsibilities in terms of promotions. Singles may find their soulmate.

Virgo Aug 24 – Sep 23
Today you may be happy; you may plan to buy some creative stuff which may improve your lifestyle. You may also spend on your friends and family members. You may plan to invest in assets. Singles may find a good match; lovebirds may enjoy their happy moments.

Libra Sep 24 – Oct 22
Today, you may be seeking peace of mind. But moon's blessings may help you to focus on yourself. Investments in property and other assets should be avoided. You may have some happy moments in your domestic life, but advised to avoid arrogance and ego towards your spouse. Disputes with the business partner are likely to be resolved.

Scorpio Oct 23 – Nov 22
Today you will be blessed by the moon; your destiny is likely be with you. Today you may be more energetic and focused towards your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go for short work-related trips. Some good news may come from your sibling. You may plan to renovation your house or office where your creativity will be tested.

Sagittarius Nov 23 – Dec 22
Today, you may be able to control your expenditure on worthless things which may increase your savings. You may be more creative today; you may use your creativity in your office or at home which may enhance your social status. Lovebirds are likely to get some support from their family members and friends for marriage.

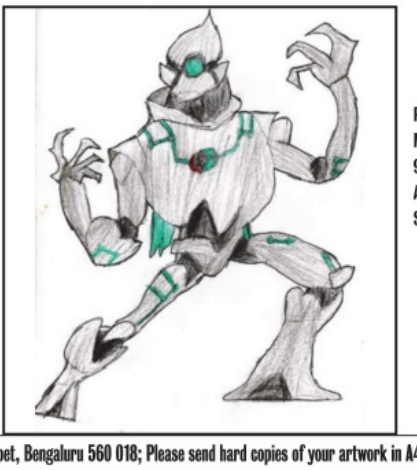
Capricorn Dec 23 – Jan 20
Today, messy situations will be under control. You may have peace of mind. You may be able to make a proper balance in expenditure and earnings which may increase savings. You are advised to avoid too much travelling or overworking; it may affect your health. Students can start planning for higher studies. Lovebirds may enjoy their happy moments.

Aquarius Jan 21 – Feb 19
Today, you may face health issues, which may make you impatient. You are advised to control your short temper. You may spend your hard-earned money in buying worthless stuff; it may affect your savings. Lovebirds are advised to avoid discussions on worthless topics, otherwise there might be a breakup.

Pisces Feb 20 – Mar 20
Today will be a good day. In business, you may get new clients, which will be helpful in the growth in terms of profits. Singles are likely to find their good match. In domestic life, you must avoid to hide anything from your spouse otherwise it will create some gap in your relationship. Job-seekers are likely to get a new job; there are chances of promotions in current job.

KIDZONE

Srilakshmi M, 9 Years, Kendriya Vidyalaya



Prithviraj Maity, 9 Years, Air Force School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
2²+1=5
3²+2=11
4²+3=19
5²+4=29

BULL'S EYE
erupt, perm, pert, rump, tempt, trump, TRUMPET

STRIKE OUT

T	I	N	A	■	H	S	D	F	E	A	T
I	■	L	■	C	■	■	■	■	■	L	■
G	I	O	T	T	O	■	A	F	R	A	I	D
H	■	C	■	W	R	I	T	E	■	W	■	E
T	A	K	E	I	N	■	A	S	H	L	A	R
O	■	S	A	C	■	D	■	T	A	S	■	O
N	■	■	G	E	L	A	T	I	N	■	■	N
T	O	A	T	■	L	■	N	D	A	■	■	E
H	O	B	N	O	B	■	E	A	S	E	L	S
E	■	E	■	L	E	A	N	T	■	R	■	B
D	E	R	I	D	E	■	D	E	B	A	S	E
O	■	O	■	C	■	E	■	A	T	■	L	■
I	L	■	C	■	R	■	R	■	■	N	■	■
R	O	C	S	■	S	A	G	■	E	T	T	U

FAST FIVE

S	C	O	F	F
L	A	S	E	R
U	N	T	I	E
M	A	I	N	S
P	L	A	T	S

RIDDLER Y

QUOTE UNCODE
People who bite the hand that feeds them usually lick the boot that kicks them.

QUICK

F	P	■	H	■	S	■	F	E	A	T
■	U	■	E	■	D	■	E	■	N	■
P	O	O	R	L	Y	■	C	E	L	L	A	R
■	■	E	■	D	■	E	■	U	■	K	■	■
A	R	C	A	■	R	E	N	T	F	R	E	E
■	■	C	■	A	■	E	■	F	■	W	■	■
A	K	N	I	H	I	T	O	■	D	Y	L	A	N
■	■	O	■	■	E	■	T	■	■	L	■	■
B	L	A	S	T	■	T	R	O	T	S	K	Y
■	■	H	■	M	■	U	■	I	■	O	■	■
H	O	B	N	O	B	■	E	A	S	E	L	S
E	■	E	■	L	E	A	N	T	■	R	■	B
M	A	N	I	N	D	E	R	■	K	E	E	P
■	■	P	■	T	■	I	■	E	■	W	■	■
D	U	■	L	E	E	P	■	■	■	■	■	■
R	■	S	■	I	■	E	■	S	■	■	■	S

MENSA PUZZLE
8. In each diagram, letters are written in sequence, starting in the top left circle and moving clockwise around the other 3 outer circles, in steps given by the numerical value of the central letter each time.

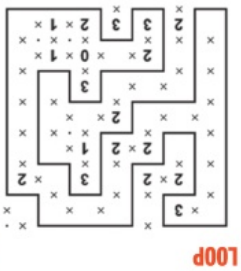
SUDOKU

5	6	7	1	8	2	9	3	4
8	1	3	5	9	4	2	6	7
4	2	9	3	6	7	8	5	1
3	8	2	9	4	6	1	7	5
1	4	5	8	7	3	6	9	2
7	9	6	2	1	5	3	4	8
2	3	8	7	5	9	4	1	6
6	7	1	4	3	8	5	2	9
9	5	4	6	2	1	7	8	3

ALPHA TRIANGLE
N, Ne, Sen, Sine, Lines, Listen, Tingles.

GO FIGURE
Easy
2 + 5 – 4 + 4 = 7
Medium
4 + 6 / 2 + 1 = 6
Hard
9 – 5 + 4 – 6 = 2

LOOP



KAKURO

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 # Zayn Malik is back on Insta

Singer-songwriter Zayn Malik has returned to Instagram after almost a month-long hiatus. Malik has been laying low since his alleged dispute with Yolanda Hadid, the mother of his ex-girlfriend Gigi Hadid

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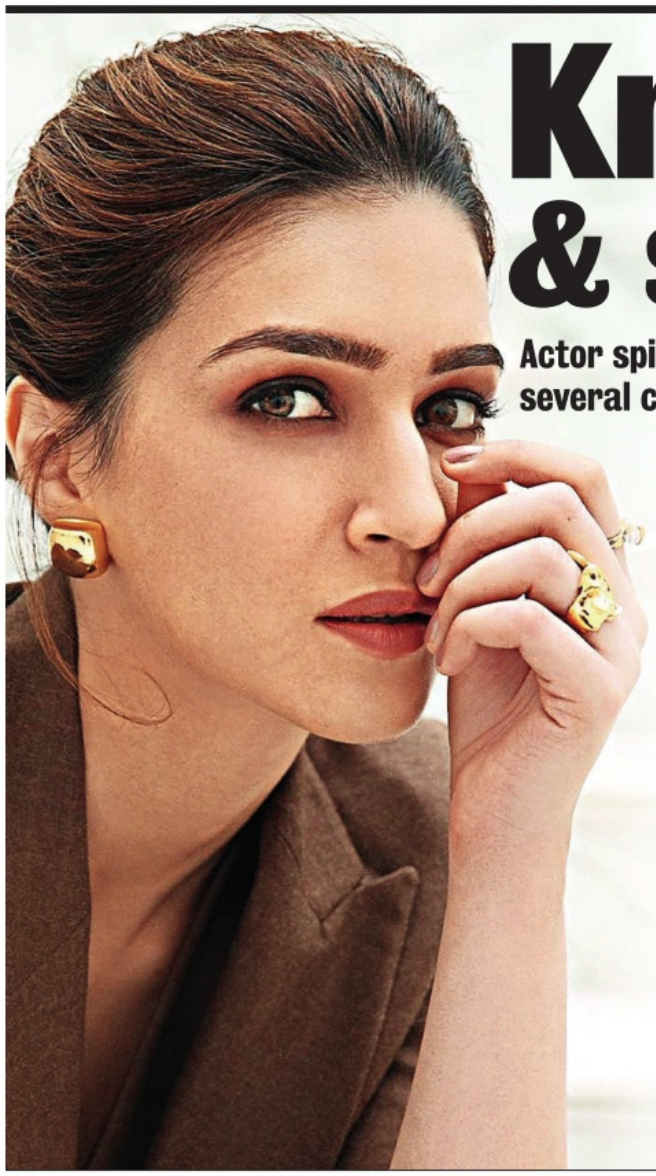

Kriti can & she does

Actor spills the beans on how she tackles several challenging projects at a time

Time and again Kriti Sanon has proved her mettle with rich content driven and commercial projects she chooses to work in. Speaking of taking up challenging roles, Mimi was one such film which made her shine in the eyes of audiences and the critics.

The actress is running on a tight schedule and juggling between the sets and projects about which she recently opened up. Speaking about how she manages to work on multiple projects at once, Kriti said to a leading portal, "When I am going on one set, I put all the other script aside and take that particular script, go through it all over again from the beginning. I have a habit of writing with the script so I write sub-texts on how I would play the character."

Moreover, Kriti also makes sure to be in the skin of the character of the film that she is doing. Changing the character from one to another is a tough thing to handle. She says "Once I am on set, I make sure when I am walking from vanity to the set that the walk has to be the characters walk".

Next on the cards for the Bollywood Diva, are some of the massive releases including 'Adipurush' with Prabhas, 'Bachchan Pandey' with Akshay Kumar, 'Ganapath' with Tiger Shroff, 'Bhediya' with Varun Dhawan and 'Shehzada' with Kartik Aaryan.

Weighty issue? Sam's your wonder woman

If you need some fitness inspiration, head to Samantha Ruth Prabhu's Instagram page. The actress is on a roll and is outdoing herself as a part of some fitness resolution for 2022 apparently. Earlier, she posed a level-up challenge to her followers and posted a kneeling jump squats video. Kickstart your 2022 with this no equipment 'level- up' challenge and feel the BURN When my trainer @junaid.shaikh88 challenges me.. I challenge you... let's do it," she captioned her video.

Her video was highly appreciated by her fans and Bollywood celebs like Kiara Advani and Sanya Malhotra, who dropped fire emojis in the comments section. This time, Samantha outdoes herself as she performs deadlifts starting from 75 kg, and progressing to 78 kg and finally 80 kg! Her trainer Junaid Shaikh is seen encouraging her all the way and Samantha finally achieves the feat.

On the work-front, Samantha was recently seen in a special number 'Oo Antaava' in Allu Arjun's film 'Pushpa: The Rise'. She recently even thanked Allu Arjun, who co-starred in the song, crediting him for the success. She has wrapped up shooting for Shaakunthalam and has resumed shooting for two bi-lingual projects. She has also given her nod to star in 'Arrangements of Love', a film by 'Downton Abbey' director John Philip.

Kundra makes low-key return to social media

Shilpa Shetty's husband Raj Kundra made a quiet return to social media following his arrest in the highly publicised pornography case.

While he made his first public appearance back in November 2021 after his release from jail, the businessman returned to social media only now. However, his now private profile is devoid of any of his fun and quirky posts featuring a bunch of motivational lines, memes, viral clips and adorable photos with wife Shilpa Shetty and son Viaan Raj Kundra.

Since the controversy, the businessman has seemingly deleted all his photos and posts on his profile. While the account does boast of 977k followers, Raj, in turn, only follows one account. Interestingly, it's not Shilpa, nor his son. According to reports, Raj is only following the handle of a seafood restaurant in Bandra that he co-owns with wife Shilpa.

Raj was taken into custody on July 19, 2021, after he was accused of creating and publishing pornographic content on an app. The business was granted bail after sending two months in jail.

After his arrest, Shilpa took to her social media handle to share an official statement about the case and said, "MY STAND... I HAVE NOT COMMENTED YET and will continue to refrain from doing so on this case as it is subjudice, so please stop attributing false quotes on my behalf."

— ETimes

Kirti Kulhari on the kiss

Kirti Kulhari plays a homosexual woman for the first time in 'Human', a medical drama that also stars Shefali Shah, Ram Kapoor, Seema Biswas, Aditya Srivastava and others. In a recent interview, Kirti opened up about doing an intimate scene with Shefali Shah. The two also share a kiss in the show, and Kirti says it is the most boring thing to do with so many takes and so many people on the set.

In an interview with a newspaper, Kirti said that although she is an actor, it was strange for her to create that chemistry for a woman, and give the expressions she would, falling for a guy. She said she was only thinking what if she got turned on while kissing Shefali. Director Mozez Singh made them do more than 8-10 takes for getting different angles of the kiss and after a couple of takes, they went at it like robots. There are 100 people around on the set and there is no privacy, and actors are at the mercy of the director saying 'action-cut, action-cut', Kirti said to the portal.

Talking about her choice of projects and inclination towards drama, Kirti had earlier said, "There is so much more drama in drama as a genre, the characters are more complex and layered. I personally feel I like playing with complexity as a person hence portraying them on screen as well. It is a very challenging process as an actor and I truly enjoy that challenge."

Actor demystifies hype around intimate scene with Shefali Shah

"Also, I am an actor who likes to talk about different subjects when I touch a script. There is so much to talk about. It involves people, the drama has to be there. It's just something I love to do. It's far tougher to get a good script in terms of comedy and others as compared to drama. I happen to be doing well with drama, and if it's categorised as serious stuff, sure, I would like to take every opportunity as an actor to take things that matter to me," she added.

— ETimes